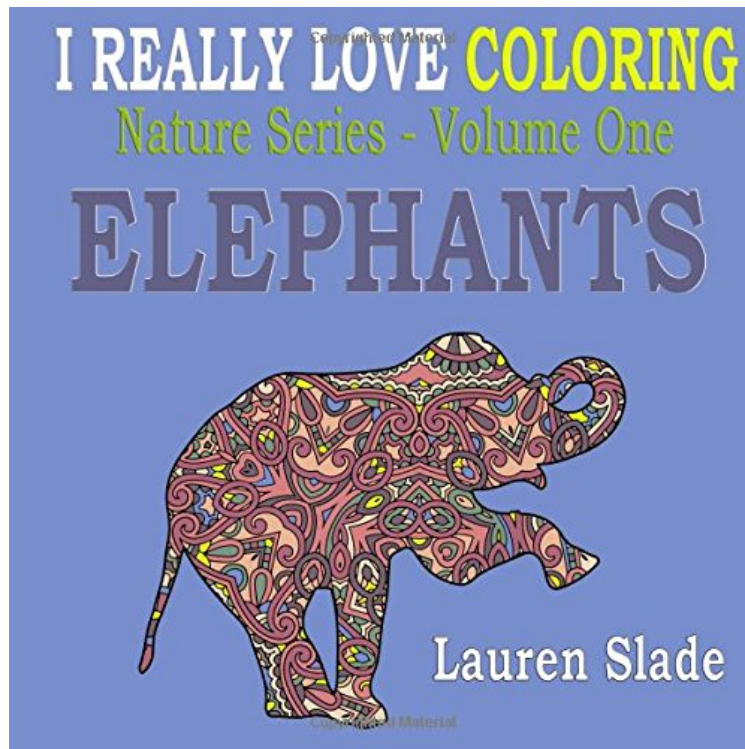


[PDF] Elephants: Nature Series - Volume One (Volume 1)

## Elephants: Nature Series - Volume One (Volume 1)

Lauren Slade

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It is official - coloring is good for you! Whatever your age, shading a picture in colors of your choice generates a sense of stillness and wellness. It also stimulates brain areas related to motor skills and creativity. Coloring works as a relaxation technique, calming the mind and occupying the hands, and helps you enter a calmer state of being. Each of the 26 Elephant images in this book, are original and unique, designed to allow you to drift away from day-to-day life stresses. There is no right or wrong way to color these elephants, the only rule of coloring is to make sure you are having fun! To ensure a great coloring experience, each elephant image is printed on a single side of the page. I have also included two intentionally blank pages for you to remove and place behind the image you are working on to prevent color bleed and indentations marking the following pages. Take time out of your day, a few minutes or a few hours, to color in the Nature Series: Volume One – Elephants and watch your stress melt away with each page.